



## HealthWatch 360: Nutrition App to Stop Heart Disease, Diabetes and High Blood Pressure

GB HealthWatch, a San Diego-based digital health company, launches the latest version of the HealthWatch 360 mobile app for personalized nutrition and disease prevention.

**San Diego, CA-** GB HealthWatch, a digital health company at the heart of the precision medicine revolution, launched the latest version of their mobile nutrition app, HealthWatch 360. Designed by nutrition scientists, the app incorporates the Dietary Guidelines for Americans and medical nutrition therapy for major chronic diseases and provides personalized dietary and nutritional recommendations according to an individual's health goals and personal profile. The app is colorful, intuitive and amazingly easy to use.

App users can select general health and wellness as a goal or choose specific health goals such as weight control, energy level, longevity, sleep quality, sports nutrition, acne and skin health, anemia, blood lipids, blood pressure, bone health, prediabetes, type 2 diabetes, heart health, kidney health, metabolic syndrome, polycystic ovary syndrome (PCOS), pregnancy and lactation. Once a goal is selected, the app automatically generates a personalized nutrition plan based on the user's profile and clinical nutrition guidelines. The user can then monitor their dietary intake and get a daily report on the quality of their diet and nutritional status, along with tips to improve.

"This app is like a personal nutritionist that you can keep in your pocket," said Christina Troutner, MS, RDN, registered dietitian and nutrition scientist at GB HealthWatch. "The majority of today's chronic diseases are preventable with dietary and lifestyle modifications. With health goal-specific dietary and nutritional recommendations personalized to the individual, this is the precision nutrition tool we need to combat the epidemic of chronic diseases." Beyond providing clinically-based nutrition for major health conditions, any specific nutrient goal can be modified within the app to meet a doctor's or dietitian's recommendations. For example, carbohydrate, fat and protein ranges can be adjusted for people with diabetes; protein and phosphorus levels can be lowered for people with kidney disease; goals for omega-3 and choline can be increased for people with high triglycerides or metabolic syndrome; and more strict limitations on saturated fat and cholesterol can be set for people with risk factors for coronary heart disease and Alzheimer's disease. There is no other app like this on the market.

HealthWatch 360 analyzes over 30 nutrients in the diet, from both foods and supplements, and generates a daily nutrition report with a detailed breakdown of how well the user's choices combine to meet personal nutritional requirements. Integrated in the report is also a GB Nutrition Score which is calculated using a proprietary algorithm developed by GB HealthWatch. The score dynamically evaluates the quality of a diet on a scale from 1-100; the better the diet meets nutritional targets, the higher the score. Diets characterized by healthy eating patterns, such as the DASH or Mediterranean diet, or those that otherwise align with USDA recommendations, normally score between 90 and 100. Extreme diets or those comprised largely of junk food generally score lower. This innovative scoring system makes dietary planning easier to understand and more intuitive while motivating users to make better choices, strive for more balanced nutrition and stay on target with their health goals.

“As we enter the era of precision health, we will increasingly use genetic information to identify health risks on an individual level and develop preventive strategies to avoid the onset of disease. Diet and lifestyle interventions are at the heart of these strategies,” said Mendel Roth, PhD, molecular nutrition scientist. HealthWatch 360 delivers precision nutrition to the palm of every hand for greater health of our nation overall.

### **About GB HealthWatch**

GB HealthWatch is a digital health and nutritional genomics company. We study gene-diet-health interactions. Our mission is to help prevent common chronic diseases through targeted, gene-based nutritional and dietary intervention. We aim to inform people about the scientific basis of chronic diseases, support them with nutrition management products and services and empower them to take control and live better lives. GB HealthWatch offers the following portals:

HealthWatch 360 mobile app for individuals to monitor and improve their diet quality and nutrition.

[bit.ly/healthwatch360app](https://bit.ly/healthwatch360app)

HealthWatch 360 Wellness for organizations.

[bit.ly/h360-wellness](https://bit.ly/h360-wellness)

HealthWatch 360 Research Portal for academics and research institutes to study diet and health interactions.

[bit.ly/h360-research](https://bit.ly/h360-research)